

**AVAILABLE DAILY  
AT THE CENTER**

- **WALKING:** In climate-controlled banquet room, twenty-five (25) laps equals a mile. Monday - Friday from 8 a.m. until 3:45p.m.



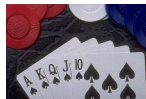
- **OUTSIDE WALKING TRAIL:** Each lap equals 1/3 Mile. Exercise and enjoy the beautiful Scenery.



- **FITNESS ROOM:** Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



- **CARDS:** Card tables available for your use on a daily basis.



- **BILLIARDS/POOL :** Pool tables are available Monday, Tuesday, Thursday & Friday from 8:00 a.m. to 3:45 p.m. and Wednesdays from 1 to 3:45 p.m.



- **CORN HOLE:** You can try your luck at Corn Hole games in the lower level Monday thru Friday from 8:00 a.m. to 3:45 p.m. Check with staff on the availability of the room when you come in.

**RAINBOW MESSENGER  
NOVEMBER, 2013**

- **COMPUTER LAB:** The computer lab is available for your personal use daily. **FREE** computer assistance is available every Wednesday from 9-10:30 a.m. Ryan is here to assist you and answer your questions regarding computers. We also have wireless internet if you have questions about your laptop.



**REGULAR SCHEDULED ACTIVITIES**

- **TLC CLASS (Tender Loving Crafts)** Everyone is welcome to participate in this fun easy going class held in the Craft Room. Betty Hoffman is the coordinator and she will assist you with all the craft projects. Class begins at **10:00 a.m. Tuesday** mornings. The studio fee is \$3.00 per session. Project supplies are at cost. **Come and meet some new friends and have fun learning to do something different!**



**November 5th - Autumn Colors**  
**November 12th - Pine Cone Bird Feeder**  
**November 19th - Ceramic Thanksgiving**  
**November 26th - Happy Thanksgiving**

- **SINGING SENIORS:** The Singing Seniors meet on Friday mornings at **10:00 a.m.** at the Habig Center. They will be singing at **The Northwood Retirement Community in Jasper at 10:00 a.m. on Friday, November 15th.**



- **BINGO:** Will be played at **12 p.m. Tuesdays, November 5th & 19th.** We ask you to keep bills to \$5 and under. Cost is \$1.00 per card to play all 50 games and \$.25 to play in the two special games. Someone will be in the Banquet Room to collect money beginning at 11:30 a.m. **\*\*\*You may want to bring a sweater or jacket, it sometimes gets cool.**

B	I	N	G	O
7	25	44	57	62
15	22	40	50	70
11	30	FREE SPACE	46	74
2	28	37	55	68
10	27	39	59	75

- **BLOOD PRESSURE CHECKS:** will be available in the Banquet Room starting at **11:15 a.m. on Tuesdays, November 5th & 19th.**



- **EXERCISE CLASS:** Is held every **Monday and Thursday morning at 9 a.m.** in the Banquet Room. The exercises are designed to help keep your joints limber. Start your day off with some fun and get health benefits too!

- **WALK FIT VIDEO:** Come in at **9:45 a.m. on Monday & Thursday mornings** for a group fitness walk video. It is a great way to get your heart pumping and you go at your own pace! A staff member is with the group and will help guide you through the video.



## CARD TOURNEYS



- **Thursday, November 7th**  
**Cinch Tourney**
- **Thursday, November 14th**  
**Sheephead Tourney**
- **Thursday, November 21st**  
**Rum Tourney**

Tourneys begin at 12:30 p.m. Entry fee is \$1.00 and prizes are awarded to 1st, 2nd & 3rd place. Please sign-up by 10:00 a.m. the morning of the Tourney you are playing in.

• **DOMINOES:** The Mexican Train version will be played at **12:30 p.m. on Wednesdays, November 6th & 20th.** It is a fun game that is easy to learn. Everyone is welcome to join in the fun! We play a quarter a game with the low score winning the game. Please let us know by 10 a.m. if you are coming in to play.

• **PAY-ME:** A game similar to Rum but played with 3 decks of cards including the jokers will be played at **12:30 p.m. on Friday, November 1st, Wednesday, the 13th & Monday, the 25th.** Bring your change, we play for 10 cents a round and 25 cents a game. Please let us know by 10 a.m. if you are coming in to play.

• **SCRABBLE:** Join the group playing Scrabble at **12:30 p.m. on Tuesdays, November 12th & 26th.** Please sign-up by 10 a.m. game day if you plan to attend.

## RAINBOW MESSENGER

• **TRIPOLEY:** Bring your pennies to play Tripoley at **12:30 p.m. on Monday, November 4th, Friday the 15th & Wednesday the 27th.** We have a lot of fun! Please call in by 10 a.m. game day if you would like to play.

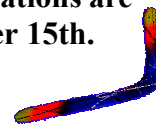
• **PHASE-10:** Will be played **Fridays, November 8th & 22nd at 12:30 p.m.** It is a fun easy card game. Please call in by 10:00 a.m. the day of the game if you would like to give it a try.

### \*\*\*SPECIAL ACTIVITIES\*\*\*

• **BOOK CLUB:** Will meet **Thursday, November 14th at 12:30 p.m.** The group will be discussing, **"The Sandcastle Girls"** by **Chris Bohjalian.** The group will take a break in December to enjoy the holidays. The monthly book discussion will resume in January. New readers are always welcome!

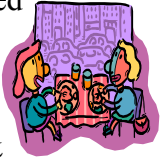


• **BOOMERAMA:** **Monday, November 18th at 12 p.m.** Amy Wagner with HLS Health & Wellness will give a presentation titled, "Live Well With Options". She will discuss the options that can help seniors make informed decisions and will assist them in living safely at home. The presentation is free. There is a \$5.00 charge to cover the cost of the optional lunch. **Reservations are due by 3 p.m. Friday, November 15th.**



• **MAH JONGG:** Originated in China & is played with tiles similar to dominoes. The object of the game is to place tiles into combinations that make a "hand". Its concept is similar to Gin Rummy. Games are played on **Wednesdays at 1 p.m. and Fridays at 8:30 a.m.** New players are always welcome.

• **LUNCH BUNCH:** We invite you to join us at **Headquarters Restaurant on Tuesday, November 12th at 11 a.m.** The plate lunch is fried or baked chicken with german fries, green beans & hot or cole slaw. Our special group rate is \$6.00 for dark meat plate & \$6.50 for white. Drink is not included. We always go "dutch treat". They also have a menu of delicious food to choose from. Come enjoy good food and visit with friends. Please make your **reservations by 12 p.m. Thursday, November 7th.**



• **CATERED MEAL:** Come join us for a **Brunch at 10:30 a.m. on Wednesday, November 13th.** Catering by Meyer will be fixing a delicious meal of: biscuits & gravy, german fries, scrambled eggs, bacon, decaf coffee or orange juice. **Reservations are due to the Center by 12 p.m. Wednesday, November 6th.** Cost of the meal is \$5.75.

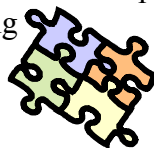


**RAINBOW MESSENGER**  
**NOVEMBER, 2013**

- **Wii GAMES:** The Center has a Wii game hooked up to the large screen T.V. in the lower level of the facility. Golf, Tennis, Bowling, Boxing and Baseball are available for you to play. For an aerobic workout we have Zumba & Just Dance programs.



- **PUZZLES:** We have one on the dining room table for anyone who would like to help. Put a few pieces together in passing or sit for awhile.



- **BRIDGE LESSONS:** Will be offered **Monday mornings from 9-11 a.m. & Wednesday evenings from 6:30 - 8 p.m.** For more information or to sign-up, call Cindy Klumper at 482-3299.

**\*\*\* 2014 NEWSLETTER\*\*\***

It is time to sign-up to have the 2014 Rainbow Messenger mailed to you each month.



The fee for the entire year is \$7.00. Make checks payable to Older American Center & include your address. The newsletter is available free for you to pick up at the Center in Jasper, Huntingburg's Senior Center, Meadowood & Ferdinand's Center. Also available online at [www.jasperindiana.gov](http://www.jasperindiana.gov).

**OCTOBER TRIP**

**Tropicana Casino in Evansville**

The buses will leave the **Jasper Armory at 9 a.m. and pick up in Huntingburg at The United Methodist Church at 9:15 a.m.** Please bring your driver's license or government issued I.D.



**NOVEMBER TRIP**

**Louisville Kentucky**

**Bus will leave the Armory at 8:00 a.m. Wednesday, November 20th for the trip to Louisville.** We will tour the American Publishing House for the Blind and Louisville Slugger Museum/Factory. Lunch will be "dutch treat" at the Irish Rover Restaurant.

**DECEMBER TRIP**

**Derby Dinner Playhouse Trip**

Reservations have been made to take two buses to see the **Thursday, December 19th** matinee performance of "**Winter Wonderettes**", which will delight all ages! The "Wonderettes" are hired to entertain a Christmas party and when Santa ends up missing, they must use their talents & creativity to save the party. This energetic and hilarious musical features over 20 seasonal favorites you are sure to know. **Sign-ups begin by phone at 7:30 a.m. on Tuesday, November 5th. Cost of the trip is \$58.00 and includes: transportation, meal & theatre ticket. Money is due to the Center by 3 p.m. Friday, November 22nd.**



**Older American Center's**  
**Christmas Party**

You won't want to miss the annual Christmas Party at **Noon on Wednesday, December 11th.** This year, Catering by Meyer will be fixing a delicious meal of Beef tips over noodles or grilled chicken breast, dressing & gravy, green beans, 7-layer salad, homemade bread, and peach cobbler. Drinks will be decaffeinated coffee or unsweetened iced tea. Enjoy entertainment by our own Singing Seniors. The rest of the afternoon can be spent visiting or playing games with your friends. **Cost of the Christmas Party is \$11.00 reservations and money are due by 3 p.m. Tuesday, November 26th. If you plan on parking at The Center please carpool if possible.** A shuttle will run every 15 minutes from the Armory parking lot to the front door of The Center from 10 a.m. until 3 p.m. We hope you take advantage of our "valet service".



**CENTER CLOSED**

**Monday, November 11th**  
**In observance of**  
**Veterans' Day.**



**Thursday & Friday**  
**November 28th & 29th**  
**Thanksgiving Holiday.**

- **BIRTHDAY & ANNIVERSARY:** If you would like your birthday and/or anniversary to appear in the Newsletter, please let the staff know the month and day. Thank you!!

- **MILL VOLUNTEERS NEEDED:** The Mill is looking for individuals to greet customers and sell souvenirs. If you are interested in volunteering on Saturdays or Sundays, please call the Park & Rec. office at 482-5959.



- **BOOK SHELF:** Thanks to the generosity of so many, we have a great selection of books for you to borrow. They are located on the 2 bookshelves in the computer room.



- **SUNDAYS:** The Center is open from 1:00 to 4:00 p.m. for your enjoyment. We appreciate the volunteers who make this possible. If you would like to volunteer to open The Center on Sundays, call and we will add you to the list.

# HAPPY BIRTHDAY

## NOVEMBER

4th	Virgil Messmer Angie Ebert
5th	Mary Moeller
6th	LaVerne Schitter
7th	Susie Durcholz
10th	Lucille Garland
12th	Bobby Sue Borrell Dan Schitter
14th	Vi Buechlein
15th	Cletus Knies Leroy Welp Susie Alley
24th	Gene Kempf



# Anniversaries

## NOVEMBER

3rd	Cathy & Dennis Buechlein
22nd	Susie & Randy Durcholz
27th	Mikki & Bob Stemle
28th	Betty & Gene Kempf



## Recipe Exchange

### Eat All Day Soup

#### Ingredients:

1 - can of corn  
1 - can green beans  
1 - can peas  
1 - can fire roasted tomatoes  
1 - can Italian tomatoes  
1 - bag cole slaw  
1 - onion diced  
4 - potatoes diced  
2 - large containers of chicken broth  
Salt & pepper to taste

} Drained



#### Directions:

Combine all ingredients and cook until potatoes are tender.

\*\*\* I added a can of white meat chicken and a can of kidney beans. You can add about anything you like. So simple and good!!

Submitted by: Kris Hochmeister

Have a good recipe to share? Get it to one of the staff and we would be happy to publish it.

\*\*\*\*Don't Forget\*\*\*\*

**Prescription Drug Take Back Day**  
**Saturday, October 26th 2013**

**10:00 a.m. - 12:00 p.m.**

**Ferdinand & Huntingburg Fire Stations**

**10:00 a.m. - 2:00 p.m.**

**Jasper State Police Post**

Dispose of your expired, unused and unwanted drugs **FREE OF CHARGE!**